

# Safe Treats for EMS Equines

Be sure your EMS equine's treats are less than 10% combined hydrolyzable carbohydrates with starch under 4% (HC = ESC and starch).

NOTE: If your horse is sensitive to alfalfa, always read the ingredients list before purchasing.

- Apple Peel
- BEET-E-BITES
- Celery
- Cucumbers
- Flix Horse Treats
- Green Beans
- Any lettuce (*not cabbage*)
- Melon rinds (*with very little fruit attached*)
- Nutrigoood Low-Sugar Snax
- Nuzu Stabul Nuggets
- Ontario Dehy Timothy Balance Cubes
- Ontario Dehy Premium Timothy Cubes
- Pea pods from snow or snap peas (*peas removed*)
- Peanut shells
- Pear Peel
- Pumpkin seeds
- Squash (*Summer, yellow, pattypan crookneck*)
- Standlee Alfalfa Forage Bites
- Triple Crown Naturals Timothy Balance Cubes
- Tums (*if your hay isn't calcium heavy*)
- Yogurt (*low-fat, plain, and unsweetened*)
- Zucchini

## ECIR Flax and Salt Cookies

### INGREDIENTS

1 pound ground flax  
1/2 cup unsweetened applesauce  
2 cups hot water  
1 1/4 cup salt  
2 Tablespoons cinnamon



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APPLE CINNAMON  
HORSE TREATS



**Equine Cushing's and Insulin Resistance Group Inc.**



Website and Help